



Welcome New 4-H, Ag, and Family Wellness programs Team Leader!

My name is Kim Trombly, the new Team Leader for 4H, Ag, and Family programs. Prior to coming to CCE Franklin, I spent 9 years as a County Manager with New York Farm Bureau covering six counties in Northern New York. I worked with countless volunteers to put on local programming and advance the mission of New York Farm Bureau. Before Farm Bureau, I spent a year at Miner Institute as their Equine Intern. There I developed a love of the Morgan horse which continues today. This spring I even purchased my first Miner Morgan, HD Persia aka Sia (pictured). I have a B.S. in Animal Science/Agribusiness Management from Michigan State University and a M.S. in Natural Resources Conservation/Sustainable Communities from Paul Smiths College. I look forward to working with our 4H youth and volunteers to develop the next generation of leaders in agriculture, natural resources, and other sciences- it's a true passion of mine.



I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
for my club, my community, my country and my world.

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Program Educator

Mikayla Foster
Program Educator

Kimberly Trombly
Team Leader

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Interim Camp Director

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Chris Lamica
Camp Caretaker

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Camp Caretaker

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[News Update for 4-H
Enrollments](#)

**4-H enrollments for 2022-
2023 are now open!!**

**Please call the office at 518
-483-7403 for enrollment
packets, any new members,
address changes, or any
general questions!**

CCE Franklin Staff Updates



We are extremely pleased to announce Scott Gordon as our new Executive Director. Scott is a native of Malone and received his bachelor's degree in biology from the State University of New York at Cortland as well as a master's degree and a doctorate in biology from the University of Tennessee in Knoxville. He also holds certifications from the Harvard University Graduate School of Education in educational management and leadership.

Scott has close to 30 years of experience in higher education as a faculty member, dean, provost and most recently as a president. Throughout his career he led many community and regional education endeavors including the development of a STEM resource center and a center for applied research and economic development in southwest Indiana and a rural innovation center in Texas. In addition, he has created partnerships with school districts in several states to further student education, college attendance, educational retention, innovation and entrepreneurship.

Scott recently moved back to Malone and, after a short retirement, joined the Cornell Cooperative Extension of Franklin County. We are excited to have Scott on-board and look to utilize his experience and skills to enhance local/regional education. He is excited to work closely with other agencies in the region to elevate Franklin County. Scott can be contacted at our office by calling (518) 483-7403 or by email at sag293@cornell.edu.



Friend of 4-H and Friend of CCE 2022



2022 Friend of 4-H
King Clark Insurance



2022 Friend of CCE
Agrimark

Friend of 4-H and **Friend of Extension** are recognition awards presented to local supporters of the 4-H Program and Cornell Cooperative Extension Programs throughout the years. Recipients are guests of honor at the Annual Dinner Meeting held in October. CCE and 4-H are thankful local businesses and residents recognize the importance of working with local youth, farms, and families in Franklin County. We couldn't do it without you!

CCE & All the CCE Programs in Review for 2022

What programs are offered by CCE in Franklin County? Agriculture, 4-H Camp Overlook, 4-H Youth Development, Family Well Being, Nutrition, Food Preservation, Summer Day Camp Akalaka, After School 4-H Programs, Community and Economic Development.

Are the programs available for all residents? Yes!

Visit <https://franklin.cce.cornell.edu/> to view the full 2022 Annual Report.

If you would like a paper copy, call 518-483-7403.

Cornell Cooperative Extension Franklin County

Annual Report 2022



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Malone, NY 12953
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franklin.cce.cornell.edu

FAIR 2022



Franklin County Fair begins days before the official fair opening with clubs decorating alcoves that showcase some of their many accomplishments during the year. The 2022 Club Exhibits were spectacular! *More exhibit areas are being added for 2023 to make sure all clubs have a spot! *

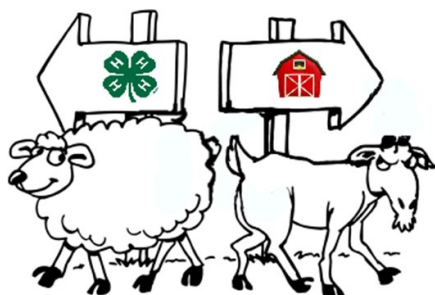
Youth have their projects and small pets judged face-to-face with volunteer judges. 1,300 + projects were entered this year with 20 being chosen to represent Franklin Co. at the NY State Fair.

Dairy Goats, Dairy Cattle, Sheep, Beef Cattle and Horses were exhibited by youth who also exhibited their animals in the Open Fair shows. Clover Corner Eats was manned by volunteer youth, parents, leaders and a volunteer manager.

The weather was perfect, the families were amazing and the Fair experience continues to be a 4H Showcase for an estimated 5,000 people per day. Memories to last a lifetime, and the life skills learned during the 10-12 days of fair are one of the greatest experiences for 4-H youth.



4-H Animal Camps 2023



Small Ruminant June Date TBA
Usually June 2-4



Horse Camp May 19-21



Dairy & Beef
Camp
June Date
TBA



4-H Animal Camps are 1-3 days of hands-on learning over the course of a weekend. Professionals in the industry, volunteers with a lifetime of practical knowledge, feed specialists, veterinarians, and dedicated 4-H leaders and staff spend months planning a truly educational and FUN *family* weekend. Youth bring their goats, sheep, horses, ponies, dairy and beef cattle to work on showmanship, health care, clipping, handling, training, and the comradery of being able to be with other youth who love the same animals.

Campers and their families may stay overnight for 2 nights and are fed onsite prepared meals. Evening activities may include an always favorite game of kickball in the arena.

Camps are supported by local businesses and farm sponsors, The NYS Agriculture and Horse Breeders Development Fund, and by funding raised by each group.

Watch for camp packet and online registration information in late March –April .

If you would like to help sponsor a camp, contact Cornell Cooperative Extension, 518-483-7403 or email pab21@cornell.edu



Horse, Small Ruminant & Cattle Program Council Planning Meeting Dates



Dairy and Beef Council Meeting: Sunday, January 22, 2-3:00 pm. Chateaugay Town Hall

Small Ruminant Council Meeting: Sunday, January 22, 3:00-4:00 pm. Chateaugay Town Hall

Horse Council Meeting: Sunday, January 29, Noon-1:00 pm. Chateaugay

Traditional Kanien'keha Recipe for Corn Soup and Fry Bread

CORN SOUP Kanonhstohare

*Corn soup is traditionally made from the items grown in your garden. So, anything you have available can be thrown in the pot. Everyone makes their soup their own way. There is no wrong way.

INGREDIENTS:

2 quarts of white corn
2 cups of red kidney beans
1 medium turnip
1 bag baby carrots-or peeled, chunks of carrots
2 large pork hocks
1 pkg salt pork
Optional:
Cabbage, ham, moose meat or any other type meat available.

Special, Original Directions *Cook meat in a separate pot, clean the pot, take the old, old blood around the rim out.

INSTRUCTIONS:

In a large pot, fill up with water about 3-4 inches from top, bring to a boil and add your meat. Boil meat until it is thoroughly cooked. For pork hocks, boil until meat falls off the bone. Remove the pork hocks from the water and cool. **DO NOT DUMP THE WATER OUT!!!** When the meat is cool, remove meat from the bone and cut into bite size pieces. Add meat back to water and also add the vegetables into the pot. Simmer on medium-high heat until the vegetables are tender.

Fry Bread Recipe Tenaterakar:ta

Prep time: 10-15 mins

Servings: 5-8

Ingredients:

2 Cups Flour
2 Tbs. Baking Powder
1 TBS. Sugar (Optional)
1 Cup Cold Milk or Water

Vegetable oil for frying.



Instructions:

Add all the dry ingredients to a bowl and mix well. In the middle of the dry mix, make a Well in the middle. Add the water or milk, stir together. It should be a doughy consistency.

If the mixture seems dry, add a little more milk or water. In a large frying pan, add oil and heat on medium high heat. Put about ½ cup flour on table and spread it out with your hand.

Put dough on flour and flatten it out with your hand. It should be 1-2" thick. Use a glass to cut out dough. Place dough in oil. Leave it to brown on one side, flip, and fry to golden brown on other side. Place bread on paper towels to cool.

Cornell Cooperative Extension of Franklin County is located on the traditional homelands of the Kanien'keha, Mohawk Nation. The Kanien'keha, Mohawk are members of the Haudenosaunee Confederacy, an alliance of six sovereign nations with a historic and contemporary presence on this land. The confederacy precedes the establishment of *CCE Franklin Offices*, New York state and the United States of America. We acknowledge the painful history of Mohawk dispossession, and honor the ongoing connection of Mohawk people, past and present, to these lands

Thank you, Pudgie King, 4-H PAC member, for providing the recipes.

How Many Drops of Water Can Fit on a Penny?

Surface Tension Science Experiment



3? 4? Maybe 5?

Equipment:

- 2 small containers of water. One plain water and one with 2-3 drops of dish detergent.
- A plate
- Pipette or Eye Dropper

Will a penny hold more plain water or more soapy water?

Does the head side hold more water than the tails side?

How many drops did you get?

Chart 5 tries per water drops and 5 per soapy water drops What was the average?

What was the maximum number of drops you were able to put on the penny?

What caused the water to stay on the penny?

What happened with the soapy water on the penny?



What is surface tension? How does it work?

Water has strong surface tension because of its polarity. Water molecules are polar, meaning that one end of each molecule has a positive charge while the other end has a negative charge. Because of these opposite charges, water molecules are attracted to each other. They form hydrogen bonds with each other. Water molecules work much like magnets and try to stay together. Soap decreases the surface tension of water by pushing apart the water molecules. Each soap molecule has an end that is attracted to water and an end that repels water. The hydrophobic ends of the soap molecules (the ends that don't want to be near water) squeeze their way between water the molecules as they work their way to the surface. The way water creates a rounded surface is called surface tension. Surface tension is what allows you to fill a glass all the way to the top... and then some! It's what gives the water the domed look on the penny.

*This is a fun teaching activity for a club to do at Fair! People are amazed at what happens and they learn a bit of STEM!

2022 WOW Boston Trip-What's Next?

In October, 25 4-H Teens who worked together were able to spend 4 days touring Boston, Lexington/Concord, Salem and the all our national historic sites. The New England Aquarium, Duck Boat Tour, and a perfect for Halloween, "Spirits and Mayhem" night tour rounded out a trip of a lifetime. It was a mix of guided history, science, and FUN!



Ready to board the Mayflower II



Final Team Building Day at 4-H Camp Overlook



Plymouth-Pawtuxet village recreation.



Minuteman Memorial



Duck Boat Tour of Boston sites on land and on the Charles River



4-H Public Speaking

Learning by Doing!

4-H Youth from 5 year old Cloverbuds to 18 year old Seniors, will be attending Presentation Workshops during the months of February and March to either learn how to do public speaking, Dramatic Readings, demonstrations and presentations., or they will be there to help teach younger members and improve their own techniques.

Youth participate by presenting topics that vary from food preparation to animal care, science and engineering projects, recycling, wind power and more. Trained volunteer judges meet face to face to give positive and instructive feed back at the end of each presentation. Youth who do exemplary presentations will be given the chance to do their presentation at Franklin County Fair, District Presentations in April and may go on to State level.

Annually, 60+ 4H youth will have completed presentations by the end of April. Several more will do theirs in May at Horse Camp using live horses.



February and March Area Presentations will be held in Malone, Chateaugay, and Paul Smiths.

Presentation workshops may be scheduled for groups by contacting the 4-H Office 518-483-7403





Upcoming Events!

January Dates

January 16, Martin Luther King Day Holiday
January 17, Venison Soup Canning Workshop
January 22, 2:00 pm, Dairy & Beef Council Meeting.
January 22, 3:00 pm, Small Ruminant Council Meeting
January 29, 2:00 pm, Horse Council Meeting

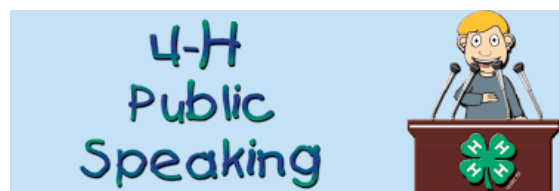
February Dates

Black History Month 1-28
February 15, Valentine's Day
February 19, No Tool Survival Shelters
February 20, Presidents Day Holiday
February 26, WOW Trip 2024 Meeting
Presentation Workshops Dates TBA
WOW Teen History Trip Organizing Meeting Malone



March Dates

Area Presentations—Paul Smiths, Malone and Chateaugay sites
March 19, 20– No Tool Survival Shelter VIC
March 20-24, New York State Ag Literacy Week



April Dates

April 16-18, Capitol Days
April 28-30, Global Youth Service Days
April 29, District Presentations



May Dates

May 5-6, Sewing Camp-Camp Overlook
May 6, Cornell Animal Crackers
May 17, 24, 31, Wild Edible Identification Walks Paul Smiths VIC
May 12-14, STARR State Teen Action Representative Retreat
May 19-21, Horse Camp
May 26 Animal Crackers Cornell U



If you are interested in any of the above programs, please contact the 4-H Office 581-483-7403

STARR



STARR, also known as the State Teen Action Reps Retreat, is an annual weekend for 4-H teens from across New York State to get together to build leadership skills as well as network with peers and adults from across the state.

STARR encompasses the best of team building activities, youth community action & youth adult partnerships in one fun-filled, fast-paced weekend.

Participants gain new skills and knowledge by attending workshops of their choice, learning how to “make the best better” and participate in awesome community services activities!

Please join us for an exciting opportunity to gain new skills and knowledge all while making new friends and having FUN!

Scholarships available. Applications can be requested at the 4-H office.

This program will be April 19-21, 2023.

Registration must be done through the 4-H office.



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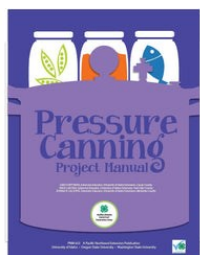
Cornell University



Did You Know?

The 4-H Staff can provide training for clubs and leaders in the following areas.

If you find it here: <https://shop4-h.org/>



4-H Food Preservation Curriculum. We provide the instruction, and bring all the equipment for leaders and youth! Preserve the harvest, make jams, jellies, salsa, can soups, vegetables, and meats. Dehydrating and Freezing too!

Healthy Pasta from Scratch! -Making pasta/noodles/ravioli using vegetables incorporated the actual pasta! Green, red, yellow pastas with a healthy vegetable addition. Pasta presses and instructor provided.

Wild Edibles- Learn how many plants, roots, berries and, yes, trees can provide highly nutritious and delicious additions to your meals that grow in our area. Survival foods if you are lost? Sure!

Wish to try theater arts? Chef in Training? Junk Drawer Robotics?

What to do if you get lost in the woods? Learn how to survive, build a shelter with no Tools, and other techniques for making the best of the situation.

Embryology and Chick Raising? We have incubators, fertile eggs, and all you need to know to hatch and raise chicks.

Horses? Sheep? Goats? Dairy Cattle, Beef Cattle? We have people who can answer your questions.

Shooting Sports? Cake Decorating? Sewing? Gardening? STEAM Projects-we have it!
If we don't have it, we can find it!

If there is something you are interested in doing in your club, ask us!

Curriculum that can be borrowed by clubs:

A variety of 4-H Curriculum! Everything from Horse to Horticulture, Electricity to Embryology, to Water and Wind Power! Ask us!

If you find it here: <https://shop4-h.org/>
We may have it already at the office. We also have a book shelf library.

4-H Camp Overlook

With the necessary closure of Camp Overlook during the summer of 2020 due to the COVID-19 pandemic, hundreds of children missed out on their first summer as a camper. Many campers begin their journey with Cloverbud. Cloverbud is a 3-day/2-night program for 6-8 year olds tailored to this age group. The shortened program provides youth with an amazing introduction to our camp program.

During the summer of 2021 and 2022, we saw how detrimental missing one summer could be to kids being comfortable with the typical stay progression we have had for decades. So we came up with a solution: CLOVERLEAF!

*What is Cloverleaf
at 4-H Camp
Overlook?*



Cloverleaf will be a bridge between Cloverbud and a Traditional week of camp. It will be a 3-day/2-night program but with more advanced activities and programming for ages 9-12. The price will remain the same as Cloverbud at \$209. If you have a camper at home not quite ready for a full week away, this is the perfect option for them!

Registration opens for Summer Camp February 1st



Contact :

518-483-4769

campoverlook@cornell.edu



4-H Camp Overlook

Visit:

<https://4hcampoverlook.org/>

- Summer Camps
- Year Round Programming
- Adventure Programming
- Ropes Course
- Environmental Programs
- In School Programs
- Family Camps

Contact :

518-483-4769

campoverlook@cornell.edu

Registration opens for
Summer Camp February 1st

Summer 2023 Dates

NEW

CLOVERBUD 1
THURSDAY, JUNE 29 - SATURDAY, JULY 1

CLOVERLEAF
THURSDAY, JUNE 29 - SATURDAY, JULY 1

CLOVERBUD 2
SUNDAY, AUGUST 6 - TUESDAY, AUGUST 8

WEEK 1
SUNDAY, JULY 2 - FRIDAY, JULY 7

WEEK 2
SUNDAY, JULY 9 - FRIDAY, JULY 14

WEEK 3
SUNDAY, JULY 16 - FRIDAY, JULY 21

WEEK 4
SUNDAY, JULY 23 - FRIDAY, JULY 28

WEEK 5
SUNDAY, JULY 30 - FRIDAY, AUGUST 4

WEEK 6
SUNDAY, AUGUST 6 - FRIDAY, AUGUST 11

4-H CAMP OVERLOOK
FRANKLIN & ST. LAWRENCE

Camp Facility is available for Wedding Rentals, and other group usage.

4-H After School Programs

After School Power Hour

#CCEFranklinASPHour



Panther Hour



Bulldog Hour

**What do you get when you combine
4-H programming with area after school programs?**

4-H After school programs foster a unique combination of fun and learning that helps youth develop lifelong skills, including leadership skills, critical thinking, and teamwork.

The 4-H program addresses a growing need for quality after-school programming where in the U.S., as many as 15 million children come home to empty houses..

Research shows that youth that are at a high risk can greatly benefit from 4-H programming. Cornell Cooperative Extension offers a wealth of research-based, ready to use, "Learning by Doing" curricula on a wide variety of topics to meet the interests and needs of our area youth.



Bulldog Hour

Chateaugay School



Panther Hour

Brushton-Moira Central

Check out what is happening. Registration and Information.
<https://franklin.cce.cornell.edu/4-h-after-school-programs>



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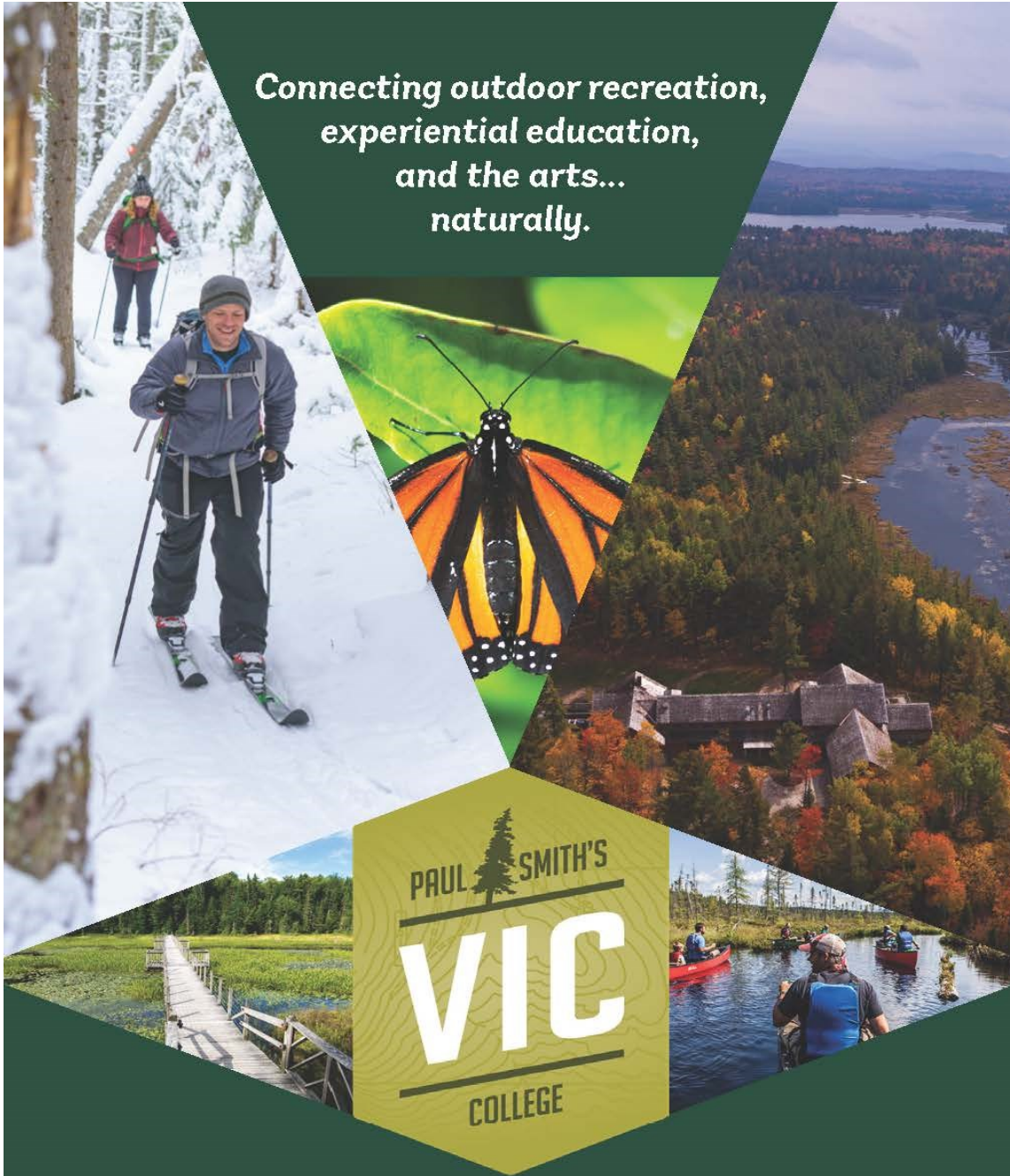
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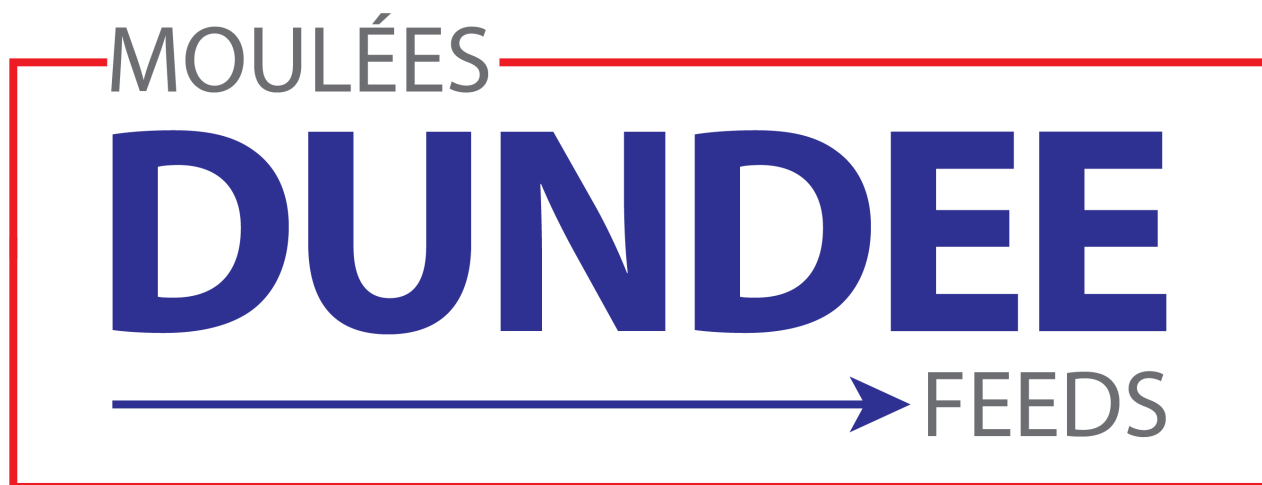


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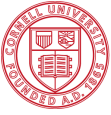
"Kids Matter Most"

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Call our office at 518-483-7403





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